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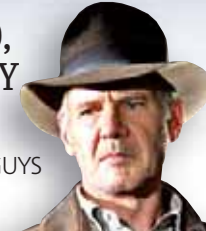
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Another deadly school shooting in the U.S.

Teacher killed trying to protect
children, Nevada police say **PAGE 14**

THEY MAY BE OLD, BUT THEY'RE SPRY

WITH THE RELEASE OF THE
ESCAPE PLAN, WE TAKE A
LOOK BACK AT OTHER OLD GUYS
READY FOR ACTION **PAGE 17**



4 more years for Nenshi



Incumbent Naheed Nenshi has been given another mandate by Calgary voters, sweeping the contest
by well over 100,000 votes. CANDICE WARD/FOR METRO

Lord giveth, then Lord taketh away

Jon Lord wanted to give
Calgarians an option, but
in the end it wasn't
enough **PAGE 3**



Dark horses surprise at finish line

Familiar faces fall to
challengers in contentious
ward battles **PAGE 4**



Back to school board

Mix of new and experienced
will head up school boards
in Calgary **PAGE 9**



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Homebuilders

'Slate' appears to fall short

While there will be some new conservative voices on council, it's unlikely supporters of the so-called homebuilders "slate" will be elated by Monday's election results, according to a local political-science professor.

"If Druh Farrell keeps on, and Brian Pincott, and Gian-Carlo Carra ... it wouldn't be a great night for them," University of Calgary municipal-government instructor Paul Fairie said.

Those three incumbents were often cited as the top "urbanist" voices on council who more suburban-friendly candidates hoped to replace, but as of press time it appeared that all three would be re-elected — Carra quite handily.

Meanwhile, Ward 4 incumbent Gael MacLeod, another oft-cited target of more conservative Calgarians, looked almost certain to lose her seat to challenger Sean Chu, who once participated in the Manning Centre's Municipal Governance Project, a sort of training centre for conservative candidates. Chu told Metro he's no longer involved with the centre and is an independent voice.

"I'm representing everybody," he said, adding he didn't think MacLeod's campaign literature accusing him of working "for homebuilders — not you" was helpful to the political discourse.

Fairie said Chu's victory is definitely a win for conservatives, but it may be due to less vote-splitting on the conservative side than in the 2010 election, rather than a big swing in voters' positions.

ROBSON FLETCHER/METRO



Second-place mayoral candidate Jon Lord looks up at election results on a television screen on Monday night. ROBSON FLETCHER/METRO

Nenshi cruises to landslide victory

Mayorality. Incumbent handily wins second term, but rival Lord maintains he made a difference by running



ROBSON FLETCHER
robson.fletcher@metronews.ca

To almost no one's surprise, Naheed Nenshi was re-elected mayor of Calgary Monday in a decisive victory over second-place finisher Jon Lord and a

field of seven other candidates.

Nenshi had 74 per cent of the vote at press time, leading by more than 67,000 ballots over Lord, who had 21 per cent of the vote.

The next closest candidate was Sandra Hunter, who ran on a platform of legalizing marijuana (even though that's not within municipal jurisdiction) and had nearly 2,100 votes at press time, or two per cent of the vote.

"Thank you tonight for giving me the opportunity for another four (years)," Nenshi said in his acceptance speech late Monday night, as many of

the ward races for city council remained up in the air.

The results of those races will determine exactly how much of Nenshi's vision for the city he will be able to actually act on, as a majority of votes on the 15-person council is required to pass any bylaws.

For the time being, Nenshi said Calgary remains a great place to live and he looks forward to making it "even better" — his campaign slogan.

"Every single kid in every single corner of this community has the opportunity right here to live a great Canadian life," Nenshi said, as his crowd

of supporters applauded and chanted his name.

Despite the long odds against unseating the highly popular incumbent mayor, Lord said he felt he had made a difference by running and giving voters a viable alternative.

"Remember, I started this all by myself — no organization, no money — five weeks before election day," he said. "We got issues out that are of great importance and great concern to the future of Calgary. Everybody in Calgary is now aware taxes have gone up 30 per cent. I don't think anyone was aware of that five weeks ago."

11 NEWS



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Unlikely winners knock, knock, knock their way into Calgary City Council

Incumbents ousted.

Chu and Woolley say door-pounding key to surprising victories



JEREMY NOLAIS

jeremy.nola@metronews.ca

Challengers Sean Chu and Evan Woolley surged to victory in Wards 4 and 8 Monday, deflecting endorsements of incumbents by Mayor Nenshi and surprising political analysts, many of whom hadn't considered either seat to be in play.

At press time, it appeared Chu would beat one-term incumbent Gael MacLeod in Ward 4 and Woolley would knock out John Mar from his two-term seat in Ward 8.

Chu, meanwhile, had received the backing from homebuilder groups and dropped the gloves with MacLeod in recent weeks over her allegations that he would be controlled by exterior forces on council.

But on Monday night Chu remained humble and credited the efforts of his campaign team as a whole.

"I think the contribution to the number (of votes) is door knocking," he said. "I have done over 14,000 door knocks, and the people really want to see who the candidate is."

Woolley, meanwhile, said taking his seat in city council chambers will be "The most humbling experience of my life."

"We brought together an incredible campaign team of people from the neighbour-

hood," he said late Thursday, adding his campaign knocked on 13,000 doors. "We crafted some ideas and a vision around what we want and what we think the people of these neighbourhoods want."

But it was Woolley's victory that would likely come as the biggest surprise to many, given that Mar had been heavily supported by people affected by June's historic flood and had advocated in the past for increased policing to reduce crime in the core.

Earlier in the day, some Ward 8 voters said the endorsement of the incumbent by Nenshi was enough to convince them to support Mar again and the incumbent said earlier Monday evening that the matter did come up while door-knocking.

"We're all friends," Mar said of his fellow council members.

"We all are inherently in a very positive relationship with each other."

But Ward 8 resident Susan Easton, who was headed into Connaught School to cast her ballot Monday morning, said her friends spoke very highly of Woolley.

The 64-year-old also said Mar had not been very empathetic to concerns from residents in her area about a planned 22-storey apartment building.

She said it wasn't the project in general that had her concerned, but more the size of the building.

"I know I live in the densest area of Calgary — I know that," Easton said. "But two-and-a-half or three years of construction? C'mon."



Candidate Sean Chu talks with his wife and daughter via text message on Monday night as he awaits the results of the Ward 4 election at La Luna Rossa restaurant. GLENN KELLY/FOR METRO

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Broadly legalized secondary suites? Unlikely

New council. Several of the likely new faces, however, expressed conditional support for controversial dwellings

Calgary's new council won't be a complete victory for proponents of broadly legalized secondary suites, but it doesn't appear to be a total loss, either.

That's because several of the likely new faces who aren't fully supportive of the controversial dwellings expressed at least conditional support during the campaign and appear at least flexible on the issue.

"Any step forward is going to be a win," said Miki Somos, a local real estate agent and founder of secondariesuitescalgary.com, a site dedicated to the issue.

"Of course I'd like to go all the way, but we may not get

there the first time," Somos added. "We may have to take several steps."

Full results from several ward races were not available by press time, but it looked likely that Joe Magliocca would win in Ward 2, and Sean Chu would win in Ward 4.

Both expressed conditional support for secondary suites in public statements ahead of the election.

Magliocca, for his part, said he would support secondary

suites in certain new communities, provided it was made clear to prospective homeowners that they would be allowed in the area. He also supported suites near universities or colleges.

Chu's support was perhaps more conditional, with him saying they should only be allowed if supported by neighbours, a potentially high bar to reach, depending on just how broadly a "neighbour" is defined.

ROBSON FLETCHER/METRO



Joe Magliocca, the likely winner in Ward 2, spoke conditionally in favour of secondary suites during a pre-election forum. METRO FILE

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Calgary's voter turnout sinks

Calgary's voter turnout appeared to plummet back to earth this election Monday following the astronomically high participation rate in the last go-around.

Roughly 25 per cent of the city's eligible voters had punched their ballots by 6 p.m. — roughly on par with the count registered at 4 p.m. in 2010.

University of Lethbridge political scientist Harold Jansen termed final turnout "any-

Voter turnout

- 2010: 53%
- 2007: 33%
- 2004: 19.8%
- 2001: 38%

where in the 30s" to be typical for a municipal campaign.

"The 53 per cent (turnout in 2010) is the exception; it's not the rule," said Jansen, an expert in voter turnout. "In a

broader democratic sense, it is disappointing."

The turnout figure comes despite incumbent Mayor Naheed Nenshi's drive to get out the vote in which he tried to rally public engagement through social media, robocalls and print and radio advertisements.

Jansen pointed out the mayor's lofty approval rating in polls gives him more sway in pushing Calgarians to the polls. But facing a cast of long-shot

competitors, he countered, even Nenshi supporters may not feel compelled to register a vote. Still, many felt compelled to show up anyway.

Downtown resident Ann Rooney drew on women's suffrage in making her case to vote.

"It's less than 100 years since women have been allowed to vote," she said. "I feel like I ought to — it was a big fight to get it."

BRYAN WEISMILLER/METRO

High River. Election brings 'em out in droves

There was certainly no problem with voter turnout in High River on Monday evening. With a line that stretched out the door and through the parking lot, High River residents came out in droves to vote. Even after the polls had closed, and the ending of the line declared, residents continued to turn up.

The flood loomed large in the minds of voters. "This is a big election," said resident Veirl Domes. "The town's future hin-

ges on it."

Kim Massong, another resident, said that he wanted a new direction from the council. "We need some fresh blood," he said.

The importance of the election also brought out a large number of candidates, with two mayoral candidates and twenty-three candidates for 6 town council seats. Craig Snodgrass was elected mayor of High River. CONNOR ROSINE/METRO

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Gainford residents still can't go home

CN derailment. As of Sunday, 126 people had registered with the evacuation centre

A spokesman for CN said Monday it was too early for residents of an Alberta community to be allowed to return to their homes near the

site of a train derailment.

"We had hoped that that could take place this morning earlier than had been predicted," Warren Chandler said. "That's not going to be possible and we apologize to residents."

"We hoped for an early return, but in the interests of safety, we can't do that yet."

Chandler said CN had hoped a controlled burn on Sunday night would get rid of potential-

ly explosive propane in some of the derailed tank cars.

Chandler said CN was taking a step-by-step approach to determine the safest way to get people back to their homes.

The hamlet of Gainford was evacuated early Saturday when 13 cars on a freight train carrying a cargo of oil and propane went off the rails near the tiny community, about 80 kilometres west of Edmonton.

Two explosions were reported, so people were ordered from their homes as a precaution. No one was injured.

Parkland County spokeswoman Jackie Ostashek said some impatient residents have begun taking matters into their own hands.

"There have been some concerns about people trying to breach the roadblocks," she said. **THE CANADIAN PRESS**



A massive fire is seen Saturday after a CN tanker train carrying oil and gas derailed in Gainford, Alta., west of Edmonton. COURTESY RCMP/THE CANADIAN PRESS

Manslaughter. Woman pleads guilty in infant son's death

The mother of a baby boy who was only 26 days old when he died in hospital from severe brain damage pleaded guilty Monday to manslaughter.

Shelby Herchak, 22, wiped away tears while an agreed statement of facts read in court said the boy's injuries were consistent with a motor-vehicle accident or a significant fall.

"He has sustained severe injuries including a fractured skull and brain trauma. Surgery was attempted, but he was ultimately taken off life support and succumbed to the injuries," Crown prosecutor Julie Morgan said as she recounted the facts.

"The cause of death was blunt-force trauma to the head and neck."

Herchak was originally charged with second-degree murder in the death of son Daniel on Aug. 9, 2010.

Sentencing

- The case is to return to court Nov. 8, but Justice Kristine Eidsvik said it is likely to be January before she will be ready to deliver her sentence.
- Eidsvik said she wanted a psychological evaluation along with a pre-sentence report before deciding Herchak's fate.

The infant had been admitted to Alberta Children's Hospital. Court heard there were no witnesses to what happened, but Herchak's mother and father were in the home at the time. It was her mother who called paramedics to report that the baby was hurt.

THE CANADIAN PRESS

Rundle

Image of suspect released after sexual assault



A suspect in a weekend sex assault is seen in this closed-circuit image. COURTESY CALGARY POLICE

Investigators have released closed-circuit footage of a suspect in a recent sex attack in Rundle.

Police say a teenager was walking in the 2500 block of 36th Street N.E. Sunday at about 5:30 a.m. when a man threatened and sexually assaulted her.

Authorities describe the suspect as a dark-skinned man, possibly aboriginal, roughly 18 to 25 years old. He's said to be five-foot-eight to six-feet tall with a heavy build and dark hair.

The Calgary Police Service urges anyone with information to contact Crime Stoppers at 1-800-222-TIPS. **METRO**

Mission

No injuries in apartment fire

Five people were forced from their homes as Calgary fire crews doused an apartment blaze in Mission early Monday.

Firefighters were first called to an apartment building in the 2400 block of 1st Street SW at about 4:30 a.m.

No one was injured, according to the Calgary Fire Department.

Investigators were on scene to determine the cause of the blaze. **METRO**

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Naheed Nenshi: 168,510
Jon Lord: 48,732
Sandra Hunter: 3,653
Carter Thomson: 2,710
Larry Heather: 1,618
Bruce Jackman: 1,206
Norm Perrault: 936
Jonathan Sunstrum: 665
Milan Papez: 424



Chris Harper

Total: 16,588
Chris Harper: 6,521
Ward Sutherland: 6,289
Judi Vandenbrink: 2,929
John Hilton-O'Brien: 565
Dan Larabie: 284



Joe Magliocca

Total: 11,762
Joe Magliocca: 3,690
Shawn Ripley: 2,715
Bernie Dowhan: 2,419
Terry Wong: 2,108
Richard Poon: 830



Jim Stevenson

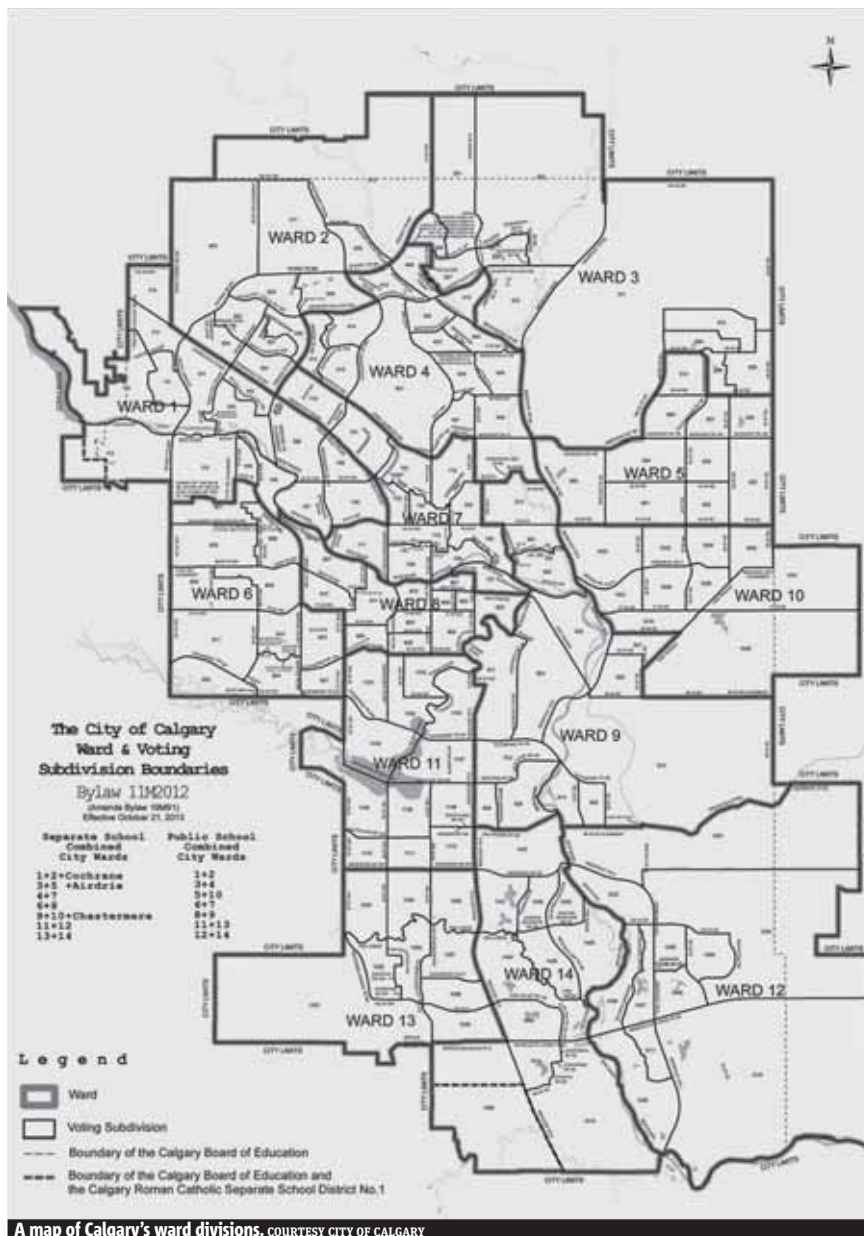
Total: 9,160
Jim Stevenson: 7,278
Taj Tanveer: 1,882



The results are in ...

Check out the ward-by-ward breakdown of the city races as they looked at press time last night (11:25 p.m.).
For the final tally and full election coverage, head to metronews.ca.

METRO



A map of Calgary's ward divisions. COURTESY CITY OF CALGARY

Druh Farrell

Total: 16,142
Druh Farrell: 5,811
Brent Alexander: 4,561
Kevin Taylor: 4,405
Joylin Nodwell: 1,365



Brian Pincott

Total: 16,320
Brian Pincott: 7,779
James Maxim: 6,801
Wayne Frisch: 1,740



Evan Woolley

Total: 8,591
Evan Woolley: 4,136
John Mar: 3,938
Ian Newman: 517



Shane Keating

Total: 14,554
Shane Keating: 10,505
Stephanie Kusie: 4,049



Gian-Carlo Carra

Total: 15,158
Gian-Carlo Carra: 7,171
Jordan Katz: 3,949
Richard Wilkie: 3,225
Stan "The Man" Waciak: 526
Darwin Lahue: 287



Diane Colley-Urquhart

Total: 16,866
Diane Colley-Urquhart: 8,878
Scott Sorokoski: 4,671
Adam Frisch: 3,317



Sean Chu

Total: 17,047
Sean Chu: 7,391
Gael MacLeod: 6,667
Blair Houston: 1,864
Michael Hartford: 1,003
Yuri Shterngartz: 122



Ray Jones

Total: 9,480
Ray Jones: 6,999
Bev Hearn: 1,404
Pritpal Dhaliwal: 1,077



Richard Pootmans

Total: 20,451
Richard Pootmans: 10,444
Joe Connelly: 7,501
Bob Bowles: 2,111
James Istvanffy: 395



Andre Chabot

Total: 9,648
Andre Chabot: 8,326
Nargis Dossa: 785
Numan Elhoussein: 537



Peter Demong

Total: 19,136
Peter Demong: 12,849
Shawn Kao: 6,287



Four more years

Familiar faces cruise to victory in Catholic race

Incumbent trustees with the Calgary Catholic School District appeared prime to serve another four years as the votes came down Monday.

At press time, Serafino Scarpino in Wards 1 and 2

plus Cochrane, Margaret Belcourt in Wards 4 and 7 and Mary Martin in Ward 13 appeared well on their way to victory.

Two other trustees, Linda Wellman in Wards 3 and 5 plus Airdrie as well as Cathie Williams in Wards 11 and 12, were already acclaimed.

Peter Teppler appeared set to replace longtime trustee Lois Burke-Gaffney in Wards 6 and 8. Burke-Gaff-

ney announced earlier this year she was retiring.

And in Wards 9 and 10 plus Chestermere it appeared Cheryl Low would top opponent Brad Gaida in the race to replace Rosemarie Goerlitz.

Martin, the current trustee chair, said she was impressed with the "calibre" of candidates running to replace the departing trustees.

She deemed the work of

the district a "good news story."

"Our results speak for themselves," Martin said, pointing to an above-average graduation rate. "We're fortunate to be hiring teachers at a time when other boards are not able to."

She said a major concern in the next term will be freeing up space for a surging student population.

JEREMY NOLAIS/METRO



Catholic School District trustee chair Mary Martin METRO FILE

City council. Incumbents relatively unscathed following election fray

Mayor Naheed Nenshi will have several familiar faces flanking his side when city council gets back to business.

Ten of the dozen incumbents appeared poised to retain their seats Monday.

Nenshi raised eyebrows before the election by backing all his council chums on the campaign trail, offering to provide quotes or photos.

Still, the mayor contended he wasn't pushing a slate by offering his seal of approval.

Instead, Nenshi said he was pleased the now-bygone council avoided much of the political gridlock that had plagued his predecessors.

Similar sentiments were echoed by Gian-Carlo Carra, who snatched back his Ward 9 council chair Monday.

"I'd actually make the bold statement that we've worked better together than any council has in recent memory," Carra said.

"I'm expecting with very little growing pains, we'll be able to transition the new council into that state of good governance."

Wards 1 and 2 were open season, with long-standing councillors stepping down.

While he deemed any slate talk "hogwash," Ward 3 returnee Jim Stevenson was in favour of shaking things up.

"We don't want a council that all walks in lockstep," Stevenson said. "You've got to have some differences of opinion."

Wards 1, 2, 6 and 8 were within 500 votes at press time. BRYAN WEISMILLER/METRO

Mix of old and new for Calgary public schools

Education ballot.

Report cards and class sizes were key topics on the campaign trail



JEREMY NOLAIS
jeremy.nolaïs@metronews.ca

Two new faces secured spots on Calgary's public school board Monday night and another race filled with promising newcomers appeared too close to call.

Trina Hurdman, a longtime critic of spending decisions within the board, surged ahead of incumbent George Lane and fellow challenger Misty Hamel in Wards 6 and 7.

"I knocked on thousands of doors and I have a credible record of being highly involved in the Calgary Board of Education," said Hurdman, who attended nearly every trustee meeting during the past term.

In Wards 8 and 9, former teacher and principal Judy Hehr surged ahead of all rivals

and will replace outgoing chair Pat Cochrane. She said addressing swelling class sizes will be her No. 1 priority and that it's time for the board to "really examine that budget."

"But we're going to need to work alongside senior leadership," she cautioned. "You will not understand a budget without them giving us insight through our questioning on where we can possibly find other sources of money."

Elsewhere, the race to replace retiring trustee Carol Bazinet in Wards 12 and 14 appeared too close to call, with candidates Malik Amery and Amber Stewart running strong.

Incumbents Lynn Ferguson in Wards 3 and 4 and Pamela King in Wards 5 and 10 staved off challengers Rick Lundy and Larry Leach.

Joy Bowen-Eyre in Wards 1 and 2 and Sheila Taylor in Wards 11 and 13 also earned decisive wins.

"Change is difficult — it just takes time," Taylor said Monday. "As I look back, this is what I think change looks like."

Results at 11:15 p.m.

- **Wards 1 & 2:**
Joy Bowen-Eyre — 47%
Roberta MacLise McDonald — 27%
- **Wards 3 & 4:**
Lynn Ferguson — 48%
Rick Lundy — 39%
- **Wards 5 & 10:**
Pamela King — 46%
Larry Leach — 39%
- **Wards 6 & 7:**
Trina Hurdman — 53%
George Lane — 33%
- **Wards 8 & 9:**
Judy Hehr — 64%
Steve Chapman — 28%
- **Wards 11 & 13:**
Sheila Taylor — 79%
Randy Sweet — 21%
- **Wards 12 & 14 (too close to call at press time):**
Amber Stewart — 28%
Malik Amery — 22%



Sheila Taylor spent much of election day with her two kids. She was elected to a second term as representative for Wards 11 and 13 on the Calgary Board of Education trustee board. JEREMY NOLAIS/METRO

Close races put candidates on roller-coaster ride



Ward 1 candidate Chris Harper, centre, watches the numbers roll in at Hotel Alma with supporters Jarek Krukowski, left, and Thomas Ockley. GLENN KELLY/FOR METRO

Vote totals slowly rolled in Monday night, and several races saw wild swings from hour to hour, leaving many candidates on pins and needles as they awaited voters' final verdict.

"You hit refresh a lot," laughed Ward 1 candidate Chris Harper late Monday as he sat on a lead of barely 100 votes — with nearly 19,000 total ballots cast in the ward.

Harper had been in third place earlier in the night, behind both Ward Sutherland and Judi Vandenbrink, but surged to the front of the

Deciding moment

"It's great to see the journey coming to an end and hopefully a new one beginning. But other than that, what can you do? You just watch the numbers and see what happens."

Ward 1 candidate Chris Harper

pack by 11:30 p.m.

That lead was far from safe, however, and he wasn't taking anything for granted.

"At this point it'll just be nice to see the final numbers," Harper said. "It's great to see the journey coming to

an end and hopefully a new one beginning. But other than that, what can you do? You just watch the numbers and see what happens."

Meanwhile, in Ward 4, challenger Sean Chu possessed a more comfortable

lead — but he sure didn't feel comfortable.

"I'm still nervous," he said late Monday, while sitting on a 724-vote lead over incumbent Gael MacLeod.

That put Chu in a strong position to oust his rival — with 43 per cent of the total vote at that point to MacLeod's 39 per cent — but he wasn't quite ready to start popping any champagne bottles quite yet.

"It's not done yet," Chu said. "There's still a few polls that haven't come in yet."

ROBSON FLETCHER/METRO

Homemade. Prospect of easily made 3D-printed guns a worry for the feds

The federal Public Safety Department is worried about the emergence of 3D printers that can easily manufacture guns without any kind of licensing control.

The department is commissioning a study that will look at the advent of 3D technology and the feasibility of crafting firearms, parts and ammunition.

In May, the U.S. government made headlines when it ordered a Texas-based website to remove blueprints for using a 3D printer to make a handgun.

Canada's Public Safety Department recently issued a call for a contractor to carry out the study.

The notice points out that legal possession of a firearm in Canada requires



3D printers that can make guns raise fears. TORSTAR NEWS SERVICE FILE

a licence and, in the case of handguns and restricted guns, a registration certificate. A firearms business licence is needed to manufacture a gun. A final report is expected in February.

THE CANADIAN PRESS

Study. Most samples of human breast milk sold online contained bacteria

Human breast milk is sold for babies on several online sites for a few dollars an ounce, but a new study says be careful: Testing showed it can contain potentially dangerous bacteria including salmonella.

The warning comes from U.S. researchers who bought and tested 101 breast milk samples sold by women on one popular site, which over the weekend said it was making changes to its policies. Three-fourths of the samples contained high amounts of bacteria that could potentially sicken babies, the researchers found.

Buyer beware!

"Just imagine if the donor happens to be a drug user. You don't know."

Dr. Kenneth Boyer, pediatrics chief at Rush University Medical Center in Chicago

The results are "pretty scary," said Dr. Kenneth Boyer, a pediatrician in Chicago.

Medical literature cites several cases of infants getting sick from strangers' milk. The study was in the journal *Pediatrics*.

THE ASSOCIATED PRESS

Toronto Zoo

Farewell Iringa, Toka and Thika

The Toronto Zoo is wishing its three former elephants the "very best" in their new home in California.

The zoo says the elephants arrived safely at the Performing Animals Welfare Society sanctuary near Sacramento at about 9:30 p.m. Sunday. Zoo staff were on hand when each was unloaded from crates. THE CANADIAN PRESS

York, Penn.

Kindly thief returns pumpkin stolen from boy

A thief has returned a 255-pound pumpkin that a central Pennsylvania boy won by correctly guessing its weight — along with a note apologizing for the theft.

Nine-year-old Jaiden Newcomer of York won the giant pumpkin at an Oktoberfest celebration.

THE ASSOCIATED PRESS



19-week-old chickens are transported to Ku-Ku Farms in this photo. The hidden-camera video was filmed by Mercy for Animals Canada. HANDOUT/THE CANADIAN PRESS

Cruelty alleged at chicken farms

Mercy for Animals. Hidden-camera video taken at two Alberta farms shows hens in tiny cages and chicks being smashed

An animal-rights organization is urging McDonald's Canada to take a firm stand against what it calls "shocking animal cruelty" captured on a graphic video it says was taken at two Alberta farms.

McDonald's, for its part,

Not us, said McDonald's

"Abuse is never tolerated in our supply chain and McDonald's has strict policies in place concerning the treatment of animals that our suppliers must adhere to at all times."

Spokeswoman Karin Campbell of McDonald's said the fast food giant's eggs do not come from the farms in the W5 story, nor from Alberta

says it gets no eggs from those farms.

The hidden-camera video filmed by Mercy for Animals Canada aired on the CTV show W5 last week. It shows hens crowded in battery cages, and

chicks being violently smashed by workers and thrown into garbage bags.

"They're so cramped inside those cages they can't spread their wings, they can't walk, they can't turn around, they

can't engage in any of their natural behaviour," said Stephane Perrais, director of operations with Mercy For Animals Canada.

"They spend one year of their miserable life in there, basically producing eggs and after that time period, they're considered spent by the industry because their productivity is declined, and then they're slaughtered."

The group says the footage was taken by an undercover investigator who was hired as a farm worker by Ku-Ku Farms and Creekside Grove Farms for 10 weeks. THE CANADIAN PRESS



A chick is shown trapped in the wire of a cage in this handout photo provided by the rights group Mercy For Animals Canada. HANDOUT/THE CANADIAN PRESS

Egg industry's view

Egg Farmers of Canada, a non-profit organization that inspects egg producers across the country, said it has watched the W5 segment, and that what was aired was an "aberration" from normal practices.

• "What we did see, and what I was exposed to on W5, was certainly very alarming and disappoint-

ing to me as an egg producer," said organization chairman Peter Clarke.

• Egg Farmers of Canada is investigating Mercy for Animal Canada's video to make sure it is authentic, Clarke said.

• It has also launched an investigation of the two Alberta farms.



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Greek police release photos of alleged child abductors

Four-year-old 'Maria.'
Charges laid against Roma couple as search for parents continues

Greek police on Monday released photographs of a couple charged with abducting a girl and judicial authorities put the pair in pre-trial custody, as an international search for the child's biological parents intensified. Authorities also scrambled to uncover fraudulent birth declarations related to possible welfare benefit scams involving the couple and others.

Investigators trying to establish how the girl known only as "Maria" came to be with the detained Gypsy couple are considering a range of potential scenarios, from child trafficking to even simple charity.



40 year-old Selini Sali, a.k.a Eleftheria Dimopoulou, and 39 year-old Christos Salis sit with a four-year-old girl reportedly named Maria, who was found living with the Roma couple in central Greece on Monday. HELLENIC POLICE/GETTY IMAGES

The suspects were also identified as 39-year-old Christos Salis and a 40-year-old woman who used the names Eleftheria Dimopoulou

and Selini Sali. They were arrested last week, after police found the girl when they raided a Gypsy, or Roma, encampment near the Greek town of

Farsala. Her DNA shows she is not the couple's child.

Authorities allege Dimopoulou claimed to have given birth to six children in less

than 10 months, and 10 of the 14 children the couple had registered as their own are unaccounted for. It is not clear whether the 10 children are real or were made up to cheat the Greek welfare system.

Police say the two suspects received about 2,500 euros (\$3,420 US) a month in subsidies from three different cities. In Athens, municipal authorities suspended the director of the capital's records office as well as two senior officials pending the conclusion of a fraud investigation.

The couple has given conflicting accounts of how they came to have the girl, according to police. A defence lawyer has said they were motivated by charity, after being approached by an intermediary for a destitute foreign mother who reportedly could not afford to raise the child.

THE ASSOCIATED PRESS

Russia. Suicide bomber kills at least six

A female suicide bomber blew herself up on a city bus in southern Russia on Monday, killing six people and injuring about 30, officials said. The attack in Volgograd added to security fears ahead of the Winter Olympics in Sochi.

The suspected bomber was from the North Caucasus, a region in southern Russia where an Islamic insurgency has been simmering for more than a decade following two separatist wars in Chechnya. A local official said the suspected attacker was married to an Islamic militant.

Volgograd lies 650 kilometres to the northeast of the North Caucasus, while Sochi sits to the west along the Black Sea.

No one immediately claimed responsibility for Monday's suicide bombing, but it was the first outside the North Caucasus since Chechen rebel leader Doku Umarov three months ago called for a resumption of attacks on civilians and urged militants to target the Sochi Games, which are to be held in February.

THE ASSOCIATED PRESS

U.S. surveillance of 70M phone calls 'unacceptable': France

Joining a growing list of angry allies, France on Monday demanded an explanation from Washington of a report that the U.S. swept up 70 million French telephone records and text messages in its global surveillance net, even recording certain private conversations.

The fallout prompted a phone call from President Barack Obama to President Francois Hollande and, the White House said, an acknowledgment by Obama that the episode raises "legitimate questions for our friends and allies" about how U.S. surveillance capabilities are employed. Hollande's office issued a strongly worded statement afterward expressing "profound reprobation" over U.S. actions that it said intruded on the private

lives of French citizens.

Spying among friendly countries is classic tradecraft but the sweep and scope of the National Security Agency program have surprised allies and raised indignation among those targeted — Germany, Mexico and Brazil among them.

The report in Le Monde, co-written by Glenn Greenwald, who originally revealed the surveillance program based on leaks from former NSA analyst Edward Snowden, found that when certain phone numbers were used, conversations were automatically recorded. The surveillance operation also gathered text messages based on key words, Le Monde reported.

"This sort of practice between partners that invades privacy is totally unacceptable and we have to make sure, very quickly, that this no longer happens," French Foreign Minister Laurent Fabius said. "We fully agree that we co-operate to fight terrorism.... But this does not justify that personal data of millions of our compatriots are snooped on."

THE ASSOCIATED PRESS



U.S. Ambassador to France Charles H. Rivkin leaves the Foreign Ministry in Paris on Monday. The French government had summoned the ambassador to explain why the Americans spied on France, one of their closest allies.

CLAUDE PARIS/THE ASSOCIATED PRESS

Australia

Canadian-led drug ring busted

Australian police say they've busted a Canadian-led international syndicate that imported nearly two tonnes of drug-making materials worth almost \$300 million to the country.

The Australian Associated Press reports eight Canadians and two Australians are in custody following the seizure last month in Melbourne of 650 kilograms of pseudoephedrine.

THE CANADIAN PRESS

Abu Dhabi

Rihanna asked to leave mosque

Overseers of Abu Dhabi's Grand Mosque say they asked pop star Rihanna to leave the compound after she posed for photographs considered to be at odds with the "sanctity" of the site.

Rihanna hasn't publicly responded to the actions by staff at the Sheikh Zayed Grand Mosque. Her show took place on Saturday in Abu Dhabi.

THE ASSOCIATED PRESS

Northern India

Truck falls into gorge, killing 17

Seventeen people returning from a wedding were killed when the truck they were riding in fell into a gorge in northern India, police said Monday.

Police officer Dinesh Pant said 28 others were injured in the accident late Sunday near Kalandungi, a town about 400 kilometres northeast of New Delhi.

THE ASSOCIATED PRESS

New Jersey

Christie ends gay marriage appeal

Gov. Chris Christie dropped his fight against gay marriage in New Jersey on Monday, framing the decision in a pragmatic way: No point in fighting a losing battle.

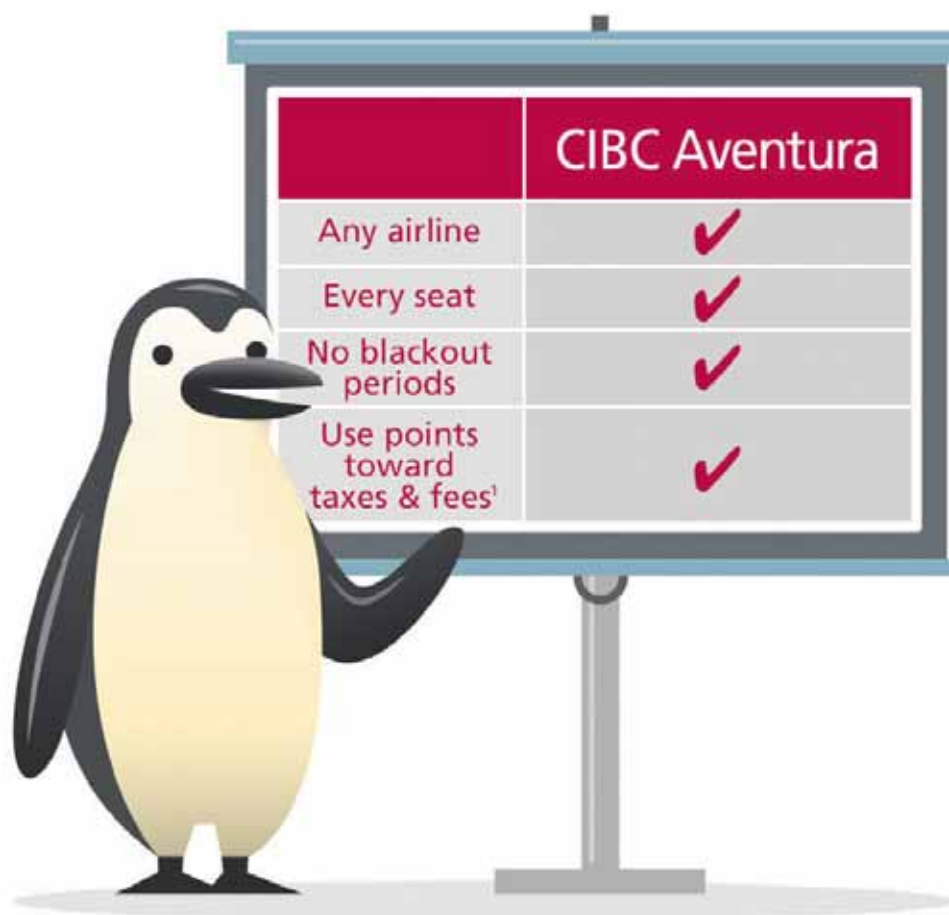
Just hours after gay couples began exchanging vows with the blessing of New Jersey's Supreme Court, Christie announced he was withdrawing his appeal to the high court.

THE ASSOCIATED PRESS

Reasonable tactics?

"Protecting the security of our citizens in today's world is a very complicated, very challenging task."

U.S. Secretary of State John Kerry, who added that he would discuss privacy issues with the officials of all concerned countries



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The Big Chill. Durvey: Nearly 25% of scientists in public service say they feel politically muzzled

A large survey of science professionals in the federal public service has found that almost 25 per cent of respondents say they have been directly asked to exclude or alter information for "non-scientific reasons."

Some 71 per cent of those surveyed said political interference is compromising policy development based on scientific evidence, and almost half of those who took part said they were aware of cases in which their department or agency suppressed information.

The study, entitled "The Big Chill," was commissioned by the Professional Institute of the Public Service of Canada, and paints a disturbing picture of government scientists who feel they are being muzzled.

More than 4,000 federal scientists — out of more than 15,000 who were invited — responded to the union-commissioned online survey handled by the polling firm Environics.

"A chill has settled on federal government science that is even greater than that suggested by the cases so far reported by the media," Gary Corbett, the president of PIPSC, said Monday.

Federal Information Commissioner Suzanne Legault is already conducting a study of



Gary Corbett, president of the Professional Institute of the Public Service of Canada holds a press conference at the National Press Theatre in Ottawa Monday to reveal the results of a major survey hosted by Environics Research to gauge the scale and impact of "muzzling" among federal scientists. SEAN KILPATRICK/THE CANADIAN PRESS

how communications policy changes under the Harper government have clamped down on the sharing of government science with the public.

Legault was spurred to investigate the issue by a lengthy report from the Environmental Law Centre at the University of Victoria and the ethics advocacy group Democracy Watch, which included a score of anecdotes from six different government departments or agencies.

The PIPSC survey, which was conducted June 5-19 and surveyed 4,069 of the union's 15,398 members, adds statistical heft to that anecdotal evidence.

The responses came from across more than 40 government departments and agencies and included 670 Environment Canada scientists, 651 from Health Canada, 427 Defence department employees, 343 from Fisheries and Oceans, 335 from the Canadian Food Inspection Agency and almost 300 each from Agriculture Canada and Natural Resources Canada.

Greg Rickford, the Conservative minister of state for science and technology, said in an email that the Conservatives have made "record investments in science."

THE CANADIAN PRESS

'Hero' teacher killed in middle school shooting in Nevada



A Sparks Middle School student cries after being released from Agnes Risley Elementary School, where some students were evacuated to after a shooting at SMS in Sparks, Nev., on Monday. A middle-school student opened fire on campus Monday, wounding two boys and killing a staff member. KEVIN CLIFFORD/THE ASSOCIATED PRESS

'It's unreal.' Police provide no motive for shooting rampage that happened in front of 20 to 30 horrified kids

Quoted

"As you can imagine, the best description is chaos."

Reno police Deputy Chief Tom Robinson

Landsberry, 45, was a military veteran and leaves behind a wife and two stepdaughters. Sparks Mayor Geno Martini said Landsberry served two tours in Afghanistan with the Nevada National Guard.

On his school website, Landsberry posted a picture of a brown bear and took on a tough-love tone, telling students, "I have one classroom rule and it is very simple: 'Thou Shall Not Annoy Mr. L.'" "The kids loved him," his sister-in-law Chanda Landsberry said.

She added his life could be summed up by his love of his family, his students and his country.

"To hear that he was trying to stop that is not surprising by any means," she said.

Police said 150 to 200 officers responded to the shooting, including some from as far as 96 kilometres away. Students from the middle school, most of them 12- and 13-year-olds, and a neighbouring elementary school were evacuated to the nearby high school, and classes were cancelled. The middle school will remain closed for the week.

"As you can imagine, the best description is chaos," Robinson said. "It's too early to say whether he was targeting people or going on an indiscriminate shooting spree."

At the evacuation centre, parents comforted their children. "We came flying down here to get our kids," said Mike Fiorica, whose nephew attends the school. "You can imagine how parents are feeling. You don't know if your kid's OK."

The shooting happened on the school's campus and ended outside the school building, according to police.

"I was deeply saddened to learn of the horrific shooting at Sparks Middle School this morning," Nevada Gov. Brian Sandoval said in a statement extending his thoughts and prayers to those affected.

About 700 students in 7th and 8th grades are enrolled at the school, in a working class neighbourhood.

"It's not supposed to happen here," Chanda Landsberry said. "We're just Sparks — little Sparks, Nevada. It's unreal."

THE ASSOCIATED PRESS

Oregon

Police use Google Earth to help bust illegal pot grower

Police say the view from space helped them bust a medical marijuana garden with too many plants in the state of Oregon.

The Grants Pass Daily Courier reports authorities received a tip that Curtis W. Croft was bragging about all the pot he was growing on his property outside Grants Pass. Investigators went to Google Earth to find out what they could see.

Authorities say online satellite images taken in

June showed dozens of plants in neat rows, so the Rogue Area Drug Enforcement Team checked state medical marijuana records.

They showed Croft was registered to grow for five people, which amounts to 30 mature plants.

Authorities say a police raid in September seized 94 plants. THE ASSOCIATED PRESS



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Hockey Canada wants ethical Olympic gear

Fair-made jerseys. 'We want to keep up to the highest standards of transparency': Official

Hockey Canada, the most influential sports governing body in Canada, is pursuing an ethical-sourcing policy for its merchandising partners for hockey sweaters, T-shirts and other fan goods.

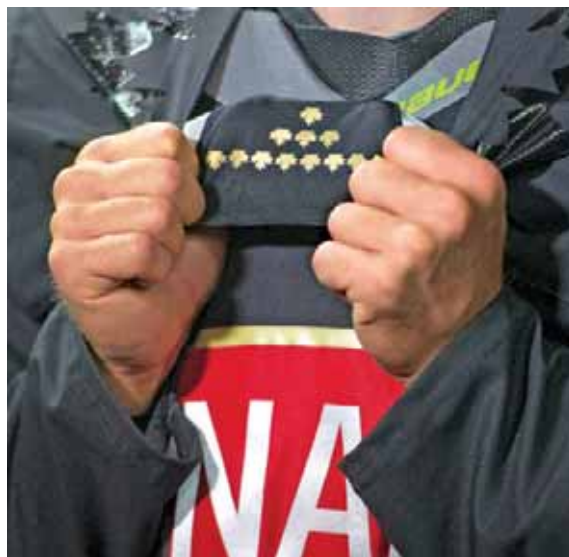
Torstar News Service has learned the organization's senior staff last week presented the executive committee of Hockey Canada's board with a proposal to begin discussions with three or four industry watchdogs that monitor suppliers of western retailers in the developing world.

"We have been looking into this in recent days and we recognize we have some work to do," said Scott Smith, Hockey Canada's chief operating officer, in an interview.

Staff began examining the organization's policies after receiving questions from Torstar, Smith said.

"We want to keep up to the highest standards of transparency," he said.

Smith said Hockey Canada



Hockey Canada and Nike's newest Olympic Team Canada hockey jersey has 12 gold maple leaves behind the collar. The sports governing body is pursuing an ethically sourced clothing policy. LUCAS OLENIUK/TORSTAR NEWS SERVICE

staff plan to contact labour rights groups, including the Workers Rights Consortium in Washington and the World-wide Responsible Accredited Production, a program enlisted by retailers and manufacturers to certify suppliers are meeting their standards.

Hockey Canada's promise

comes amid increased scrutiny of the international garment industry. Six months ago, the Rana Plaza disaster in Bangladesh killed 1,129 workers and western retailers have since been adjusting and explaining how they source their suppliers abroad.

TORSTAR NEWS SERVICE

Ready to talk

BBM chat finally ready for iPhones and Androids

BlackBerry says its popular instant messaging service is now ready for Apple's iPhone and Android devices, following a technical glitch that delayed the launch by about a month.

A company blog post said BlackBerry Messenger would be available for free on Apple, Google and select Samsung app stores. **THE CANADIAN PRESS**

Market Minute



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Dow Jones: 15,392.2 (-7.45)

Social media. Facebook wants under-13 users

Some privacy advocates were rankled when Facebook announced changes to its policies last week that allow teens to post public updates that can be viewed by anyone in the world.

But Facebook has contemplated another rule change that could prove even more controversial.

Facebook's manager of privacy and safety Nicky Jackson Colaco says the social network has "thought a lot about" opening up the site to children under the age of 13.

In the U.S., the Children's Online Privacy and Protection

Act starts at age 13. Despite this, plenty of young kids are using the site anyway, often with help from their parents.

"I think there are parents who make the decision that it's appropriate for their kids and we really encourage parents to have their kids wait until they're 13 and follow that guideline that we have," Colaco said.

A spokesman for Canada's privacy commissioner Jennifer Stoddart said in a statement that consultation would be important if Facebook planned to accept younger users. **THE CANADIAN PRESS**



Facebook is now allowing teenagers to share their posts on the social network with anyone on the Internet. JUSTIN SULLIVAN/GETTY IMAGES

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Interested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than October 25, 2013. PLEASE QUOTE: "Graphic Designer - Calgary" in the subject line. All submissions will be treated as confidential.

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LIVING SOLO NO LONGER FOR SPINSTERS

I will always cherish the brief couple of years that I lived entirely on my own; it was a beautiful period of independence, self-actualization and cereal for dinner. And while I have no desire to be romantically unattached again, I do find myself occasionally craving the single lifestyle.

I miss the lack of accountability that comes with living alone and the ability to indulge in all of that secret, single-girl behaviour I feel obligated to hide from my boyfriend like painting my nails in bed while watching very bad reality television.

Worldwide, the number of adults living alone has tripled in half a century. For the first time in Canadian history there are now more single-person households than couple households with children. In major cities, we are increasingly alone together: domestically separated but profoundly connected by our communal urban experiences — in restaurants, bars, gyms, mu-



SHE SAYS
Jessica Napier
metronews.ca

seums — and through social-media platforms.

In the new CBC documentary *Flying Solo*, producer and director Scott Harper examines the dramatic shift in our culture towards living alone — its origins, influences and the repercussions for our society at large. The documentary, which premieres Thursday on CBC's Doc Zone, follows a diverse variety of individuals living alone in cities across Canada and the United States.

The major benefit of independent living is the selfish autonomy it provides; when you have your own space to come home to it can be "me time" all the time. It's the freedom to do as you please that appeals to single dwellers, says Harper: "To go to bed and get up on your

clock, to eat what and when you like, to travel and to spend time with whomever you want without having to check in with anyone."

Of course, flying solo does have its downsides. Single-in-

come households are inherently more expensive and can lead to feelings of isolation. Without roommates or a spouse, solitary residents can risk feeling alienated if they don't take proactive measures to remain socially active.

But Canadian cities aren't full of lonely spinsters and incorrigible bachelors. Instead, we are witnessing the emergence of a new breed of people in their 20s and 30s who aren't rushing to settle down and procreate but are instead focused on nurturing their own individuality and spending time with their extended social circles of friends and co-workers. We're creating new urban tribes and debunking the traditional nuclear-family model in the process.

"As a group, solos are reshaping the economy, politics, the environment and of course the future of the family itself," says Harper. "I think that there still is — and probably always will be — a desire for partnerships and kids — it's just that now the stigma over opting out of being a part of that, and choosing to live on your own, is over."

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Face it: 11 acres makes for a large portrait



COURTESY JORGE RODRIGUEZ-GERADA/BELFASTFESTIVAL.COM

Largest land art in the U.K. on display

A gargantuan picture of a child has been unveiled on a field in Belfast as the largest land-art portrait in the U.K.

Wish is the name of the portrait of an anonymous six-year-old girl from Belfast. It spans 11 acres (44,515 square metres) of land in Belfast's Titanic Quarter, a regenerated district near where the RMS Titanic was built. It was created by Cuban-American artist Jorge Rodríguez-Gerada.

METRO

GPS, and lots of hard work

30,000

Volunteers used GPS technology to map out the site before laying 30,000 wooden pegs to trace the image's outline. Two thousand tonnes of soil and 2,000 tonnes of sand were needed to create the artwork. Wish was 18 months in the making, with one month for production, Rodríguez-Gerada told Metro. The artist, who currently lives in Spain, added: "Around 100 volunteers — everyone from local artists, construction workers, to grandparents and their grandchildren — helped out in making this portrait possible."

Artist's viewpoint



"Its message is social: the universal power of making a wish. And its location in a regenerated part of Belfast — with all its recent history — is profound."

Jorge Rodríguez-Gerada,
47-year-old Cuban-American artist

Obstacles didn't stop volunteers

For Rodríguez-Gerada, the artwork was an arduous one. "Interference from a nearby airport, difficulties in spreading the sand evenly and the rain made the project challenging," he said.

"What I didn't expect was the community's response," the artist added. "People from both sides of the political spectrum were supportive and united to create something universal."

METRO

Clickbait



ANDREW FIFIELD
andrew.fifield@metronews.ca

One of the best features of living in the future is how simple it is to learn about the past. Subscribe to these history podcasts on iTunes and treat yourself to a few crash courses.

In Our Time:

The topic of Melvyn Bragg's weekly BBC panel show is always a surprise when it shows up in our feed. From well-known battles and leaders to obscure philosophies and diseases, the range of Bragg and his rotating crew of experts is like a history swatch.

The History of Rome:

By this point, Mike Duncan's exhaustive history of the Roman Empire is more audiobook than podcast — the series wrapped in 2012 with the fall of the empire. But if you take

the time to treat yourself to the 179 25ish-minute episodes, then feel free to consider yourself an expert.

Dan Carlin's Hardcore History:

Though the episodes can be pretty meaty — each episode of his five-part series on the Mongols ran at least an hour and a half — the time is used extremely well. Carlin's gravelly delivery can sound a little talk-radio at times, which happens to fit his somewhat contrarian take on events you thought you knew about.



The Roman Baths in Bath, England, contain one of the best examples of a preserved Roman bath complex in Europe. GETTY IMAGES

Twitter

@metropicks asked: A landlord is feuding with tenants keeping a legal grow-op. Should some legal activities be banned for tenants? Which?

@WTarcisio: It is a fight of neighbors on a global scale. He should have given marijuana to another and would have avoided this whole mess.

@calgarytoad: Throwing hammers at your walls is not illegal but I

wouldn't want my tenants doing it.

@TheJamesAsh: But your lease typically explicitly covers damage and how it's handled. A legal grow should be no different.

@calgarytoad: Agreed. Tenants should pay for all damages regardless of cause.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: calgaryletters@metronews.ca

The classic action star is alive and well, albeit a little long in the tooth. Last weekend Sylvester Stallone and Arnold Schwarzenegger teamed up in *The Escape Plan* — despite being 67 and 66, respectively. But the thrill of seeing old timers acting like lithe 20 year olds has been long with our culture. It's a tradition, albeit one that has ramped up in recent years.

MATT PRIGGE
Metro World News in New York



John Wayne (Brannigan, 1975)

At 68 — before his autumnal swan song, *The Shootist* — The Duke made the kind of movie most actors wouldn't make at 58, playing a cop who travels to Jolly Ol' England to speed around in cars and very, very, very slowly draw his gun on perps. Can you believe this isn't the oldest entry on this list? (Keep reading.)

5

Old guys ready for action



Roger Moore (A View to a Kill, 1985)

Pierce Brosnan, the man born to play James Bond, was waiting in the wings in the early '80s as the then-current Bond was bound to retire. And why wouldn't he? He was almost 60 years old. Regardless, Moore wouldn't surrender the throne, and at 58 he made his last appearance as 007. Technically, about 40 per cent of his performance is stunt men shot from a distance, or shots of him in front of rear projection, pretending to be skiing madly down a hill. But he's still randy as ever, although he's, at this point, really more of a dirty old man.



Harrison Ford (Indiana Jones and the Kingdom of the Crystal Skull, 2008)

Ford seems to have resigned himself to being old, now that he's 71. He plays administrative roles now, in *42* and *Ender's Game*. But only five years ago he was relaunching his second most famous franchise, and looking pretty weary while doing it, too.



Charles Bronson (Death Wish V: The Face of Death, 1994)

Bronson came to mega-stardom relatively late in life, not hitting *Death Wish* pay dirt until he was in his 50s. Through the '80s he was an industry unto himself, making cheap, sleazy, highly questionable vigilante pictures, including one where he hunts down a killer nudist (10 to Midnight). Few of these did well, and almost no one went to see the final instalment in his most famous franchise. This is too bad because he was a 73-year-old gunning down "creeps" with big guns.



Clint Eastwood (Gran Torino, 2008)

This isn't technically an action film, but it does feature Clint wielding guns, pushing people around, barking threats, etc. It's the only one to really acknowledge that its hero, then 78 (now 83), can't do this stuff anymore. In fact, Clint has been scarce from the screen the last two decades. His last proper action film was *In the Line of Fire* in 1993, which still features him running on roofs and putting the moves on Rene Russo. If Clint isn't stretching his muscles on screen these days, that's partly because he sometimes directs two often long movies a year.

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Pair gives 'deadheads' a new meaning

The Walking Dead fans. Two men turn their obsession into Walker Stalker Con

Cable TV's *The Walking Dead* has inspired a new convention, a podcast, and a one-man play.

The podcast and Atlanta-based convention are the creations of Eric Nordhoff and James Frazier, also known as the Walker Stalkers because of a road trip they made last fall from Nashville, Tenn., to Georgia to see the AMC show being filmed.

The convention, Walker Stalker Con, is expected to draw 10,000 or more participants when it's held early next month, Nordhoff said.

The *Walking Dead* characters battle zombies known as "walkers" in the streets of downtown Atlanta and in forests, small towns and a prison south of the city.

The convention will fea-



Walker Stalker Con is set for Nov. 1 to 3 in Atlanta. CONTRIBUTED

ture appearances by some of the show's actors, including Norman Reedus, who slays walkers with a crossbow as Daryl Dixon; Andrew Lincoln, who plays Sheriff Rick Grimes, and Lauren Cohan, also known

as Maggie Greene on the show.

The series returned for its fourth season this month with its biggest audience ever. The 16.1 million people who watched the Oct. 13 series premier shat-

tered the show's previous record of 12.4 million, the Nielsen company said.

Nordhoff and Frazier are neighbours in suburban Nashville, and had gathered every Sunday in Frazier's basement to watch *The Walking Dead*. They'd heard talk of a big day of filming in Senoia, the town south of Atlanta where much of the show is produced, so they got up before sunrise and made the trip to Georgia.

"It was our dream day," recalls Nordhoff, 42.

"We got to meet I think eight members of the cast," he recalls. "Somebody called us the 'Walker Stalkers' when we were there."

The two decided to develop a podcast that has become popular with fans of the show. The podcast features discussions of many aspects of the show's storyline and interviews with people behind the scenes, such as a special effects

Quoted

"It's about embracing truth and love through everything you do."

Robert 'IronE' Singleton, who played T-Dog on the first three seasons of *The Walking Dead*, on his one-man show about growing up in the Atlanta projects

makeup expert and show producer Greg Nicotero.

In April, Nordhoff and Frazier came up with the idea of holding the convention, which will take place Nov. 1 to 3.

The show has also inspired one of its actors to stage a one-man play.

Robert "IronE" Singleton, who played "T-Dog" in the first three seasons of the show, will portray 18 characters in *Blindsided* by the *Walking Dead*, which tells the story of how he grew up in the Perry Homes housing project during Atlanta's crack cocaine epidemic before he found work as an actor.

A key scene of *The Walking Dead* was filmed on a downtown Atlanta rooftop just a few miles from the project, where violence was ever-present during Singleton's childhood and teenage years.

Blindsided by the *Walking Dead* is a work of drama, comedy, dance, spoken word and rap. Its characters include a thug, a crack addict, Richard III from Shakespeare, God and Singleton's deceased mother.

"I think it could inspire people and save lives," said the 38-year-old actor, who also will take part in a panel discussion during the convention.

"It's about embracing truth and love through everything you do." **THE ASSOCIATED PRESS**

DVD review



Before Midnight

Director. Richard Linklater

Stars. Ethan Hawke, Julie Delpy

Romance you can find anywhere, especially at the movies where "meet cute" inexorably leads to "happily ever after." More elusive is real love, the kind that comes with challenges as well as kisses. You'll find it in *Before Midnight*, one of the best films of 2013 and the irresistible climax to Richard Linklater's trilogy of on-the-run amour. Following *Before Sunrise* (1994) and *Before Sunset* (2004), it continues the emotional adventures of Jesse (Ethan Hawke) and Céline (Julie Delpy), who met by accident in their 20s and who have had to negotiate the terms of togetherness — or apartness — ever since. They're now in their 40s, in a luminous Greek retreat, but whatever you think you know about these two is about to be challenged. Whether meandering down cobblestone paths or contemplating the sheets of a hotel room bed intended for romance (we'll see about that), these two have a lot to say to each other, and no punches are pulled.

PETER HOWELL

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Is the industry's most controversial photog about to be out of work?

ALICE TATE
Metro World News

Terry Richardson has found himself at the centre of a new media furor. No, it's not surrounding a new set of Miley Cyrus images. Instead, he, himself, is the subject of an anti-Richardson petition, which urges brands and major magazines to boycott the photographer. Alice Ehrenfried launched a peti-

tion on Change just over a week ago, titled, Vogue, H&M, Mango, Supreme, and all other brands: Stop using alleged sex offender Terry Richardson as your photographer. Penning strong words on the site, Ehrenfried's aims are even stronger, as she appeals for 50,000 signatures. Whilst the hefty figure seems ambitious, now that the campaign is en route to going viral, reaching the goal doesn't seem out of the question. The petition has nearly 6,000 signatures already. The magazines still seem to love him but clearly not everyone is OK with Richardson's exploitative take on editorial.

"It's very important that degrading images are not considered 'the norm'



and that (alleged) sexual predators are not glorified in the fashion industry," Ehrenfried, who works as a jewelry designer, tells us

in an interview. Counting herself as a feminist, she questioned, "How can respectable brands possibly condone his behaviour?"

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What you need to fuel that workout fire

Not sure what to eat before and after a workout to maximize all that iron-pumping and cardio-induced sweating? Use these tips from registered dietitian Dawn Jackson Blatner for maximum benefits.

METRO

Before your workout, eat:

Bananas

For a steady, long-lasting supply of energy, eat a banana right before you hit the gym. It contains 25 grams of carbohydrates, your body's preferred fuel source for exercise. Bonus: You'll also get a good dose of potassium, a key electrolyte that's lost through sweat.



Raisins

A new study shows that raisins work just as well as sports gels to fuel your muscles pre-exercise. Aim for two tablespoons — or about 30 to 40 raisins.



Pomegranate juice

Healthy compounds in pomegranate juice called polyphenols may help decrease muscle soreness, a recent study found. Drink four to eight ounces daily. Choose one that's 100 per cent juice.



Green tea

This healthy brew contains catechins, substances that may increase fat burning during exercise, according to research. Drink eight to 16 ounces of hot or iced tea before heading to your session.



If you're going to put in all that work at the gym you might as well do the right things to help yourself before and after your workout. ALL PHOTOS GETTY IMAGES

After a workout, eat:

A tuna sandwich

Your body's best exercise recovery combo is protein to repair muscles and carbs to replenish energy stores. Protein-rich tuna on whole-grain bread is the perfect post-workout pick-me-up. Bonus: The healthy omega-3 fats in tuna may also decrease muscle soreness.



Yogurt

Dairy foods such as yogurt are naturally rich in protein and carbs. For extra credit, choose two per cent yogurt — it contains Conjugated Linoleic Acid (CLA), which may accelerate fat burning. Try plain two per cent yogurt. Add a teaspoon of honey.



Tart cherries

A compound in tart cherries called anthocyanin may reduce muscle soreness and inflammation. Aim for half to one cup of the unsweetened frozen fruit or 100 per cent juice.



A green smoothie

A new study shows that a healthy compound in leafy green vegetables helps muscles work more efficiently. In a blender, purée one cup of leafy greens such as spinach, eight ounces of low-fat milk and half cup frozen berries and enjoy it after vigorous exercise sessions.



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Chicken Quinoa 'Mac and Cheese': Healthy comfort food



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Quinoa, the supergrain, has crept its way into every meal I can think of. In this variation of Mac and Cheese, you can use tofu or seafood for the chicken.

1. Preheat oven to 400 F (200 C).

2. In pot, add the quinoa and water. Bring to a boil, cover and simmer for 15 minutes or just until cooked. Set aside.

3. Meanwhile, dust the chicken with flour. In a skillet sprayed with vegetable oil, cook just until done, about 3 minutes. Add to the quinoa along with the sun-dried tomatoes and feta. Place into a 9-inch (23 cm) baking dish.

4. To make the sauce: In a saucepan, add the milk, stock,



This recipe serves six. ROSE REISMAN

flour, mustard and salt and pepper. Whisk until the flour is mixed in and bring to a simmer. Cook for 3 minutes or just until slightly thickened, stirring constantly. Add 3/4 cup (185 ml) cheddar and 2 tbsp (30 ml) Parmesan. Whisk until

smooth.

5. Pour over quinoa and mix.

6. To make the topping: Combine the topping ingredients and sprinkle overtop. Bake for 10 minutes or just until topping

Ingredients

- 1 cup quinoa
- 1 1/2 cups water
- 6 oz diced chicken breast
- 2 tbsp all-purpose flour
- 1/2 cup chopped rehydrated sun-dried tomatoes
- 1/3 cup crumbled reduced-fat feta cheese
- Sauce**
- 1 1/4 cups 2% milk
- 1/4 cup low-sodium chicken stock
- 2 tbsp all-purpose flour
- 1/2 tsp Dijon mustard
- pinch of salt and pepper
- 3/4 cup grated aged cheddar cheese
- 2 tbsp grated Parmesan cheese
- Topping**
- 1/3 cup panko or unseasoned dry breadcrumbs
- 2 tbsp grated aged cheddar cheese
- 2 tbsp grated Parmesan cheese
- 2 tsp olive oil

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Theresa Albert
DHN, RNCPT
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Don't just settle for porridge, though, add oats in a multitude of ways.

- Whirl rolled oats in a blender and use the powder in place of bread

crumbs in burgers, meatballs and meat loaves.

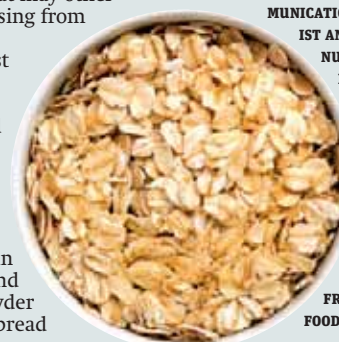
- Use the same ground oats in smoothies and shakes.

- Bake traditional Scottish oatcakes instead of oatmeal cookies.

- Use a paste of warm oats as a skin soothing face mask.

- Place a handful into a cheesecloth or facecloth and let soak in a tub to soften skin. Rub sack on rough spots to soothe and exfoliate.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MY-FRIENDINFOOD.COM



Dessert. Yogurt Panna Cotta & Raspberry Coulis

1. Mix gelatin with 50 ml (1/4 cup) of the milk and let stand for 10 minutes.

2. Heat remaining milk but don't boil. Remove from heat and stir in gelatin until completely dissolved. Let cool for 5 minutes.

3. Add lemon zest and juice to yogurt. Blend remaining milk into yogurt. Pour into 6 decorative moulds and refrigerate until set, at least 4 hours.

4. To unmould ramekins, run a small knife around the edge of each ramekin, put a plate on top and flip ramekin over. Pat it a few times to help release panna cotta and then carefully lift ramekin off.

5. Raspberry Coulis: Purée coulis ingredients together in a blender and strain. Spoon around base of unmoulded panna cotta.

THE CANADIAN PRESS/ DAIRY FARMERS OF CANADA



Ingredients

- 1 pouch (7 g/1/4 oz) unflavoured gelatin
- 250 ml (1 cup) milk, divided
- 5 ml (1 tsp) grated lemon zest
- 45 ml (3 tbsp) lemon juice
- 500 ml (2 cups) 2 per cent vanilla yogurt
- Raspberry Coulis**
- 300 ml (10 oz) raspberries
- 15 ml (1 tbsp) sugar



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COLD & FLU BASICS

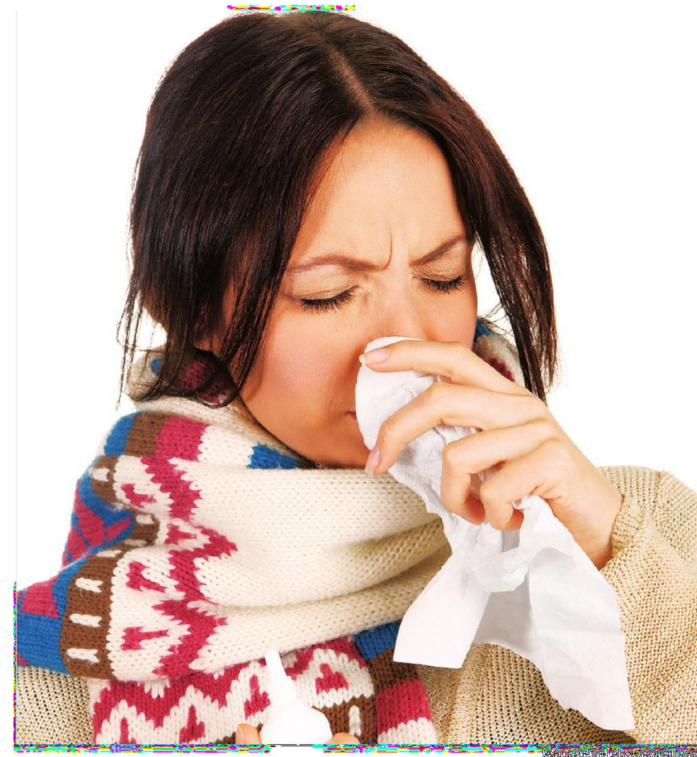
Many people confuse the flu with a bad cold — so what's the difference and how do you properly treat it?

In some ways they are similar, both influenza, commonly referred to as the flu, and the common cold are both viral respiratory infections, affecting the nose, throat and lungs.

They also spread from person to person through airborne droplets that are sneezed or coughed up by an infected person. In other cases, the viruses can be spread when a person touches an infected surface and then touches their nose, mouth or eyes. This is the reason why these illnesses are most easily spread in crowded conditions such as schools or the workplace.

But the flu and a common cold usually have different symptoms, and are associated with different complications.

"Influenza is associated with more serious complications when compared with the common cold,"



says Bowen Chen, Target Pharmacist. "It can lead to pneumonia or respiratory failure and can potentially be life-threatening, so it has to be taken very seriously — this is especially relevant in at-risk populations such as the elderly or very young children."

In terms of symptoms, the flu is usually associated with a high fever, headaches, aches and pains. A stuffy nose, sneezing and sore throat can occur with both illnesses, these symptoms are more common in colds.

There are a variety of prescription and non-prescription medications that are useful for relieving symptoms and for controlling pain. Consult your pharmacist or healthcare professional to determine which medication is the right one for you. Antibiotics are not effective for the flu or a cold unless a bacterial infection develops. Antiviral medications may be helpful in reducing the duration of your flu, but they must be taken within 48 hours of developing symptoms.

— Kara Canada

KEEP YOUR IMMUNE SYSTEM STRONG

Along with cooler temperatures, fall also ushers in cold and flu season: tens of thousands of Canadians will soon be coughing, sneezing and feeling under the weather.

"The key to staying healthy during this time of year is to focus on prevention," says Sherry Torkos, a pharmacist and author of The Canadian Encyclopedia of Natural Medicine, who also offers tips on her website (sherrytorkos.com).

"And the key to prevention is to understand more about the common cold."

There are many effective prevention strategies for the common cold.

"Most important of all is maintaining a strong immune system,"



Torkos says. "That way, your body will fight off an infection before it gets out of control and makes you sick."

Perhaps the most popular immune-booster is Echinacea purpurea (purple cone flower). In 2012, scientists at the Cardiff University School of Biosciences completed the largest clinical study on Echinacea purpurea in history

using Echinaforce™, a proprietary extract obtained from fresh organic plants developed and marketed by A.Vogel. The study found that this particular preparation of Echinacea was effective in modulating the immune system and in reducing the incidence and duration of cold symptoms.

Based in part on this finding, Health Canada recently approved Echinaforce™ for both prevention and acute treatment of the common cold and flu, and deemed it safe to take as directed for up to four months. It's a great way to stay healthy during cold and flu season. A.Vogel is the premier supplier of over-the-counter natural products of the highest quality.



ISTOCK/THINKSTOCK

PROS ABOUT PROBIOTICS

The hustle and bustle of the holiday celebrations will soon be upon us. This time of year can be wonderful, but it also brings a certain amount of stress.

Last-minute shopping, family visits, kids running around the house and overcrowded shopping centres are exhausting just to think about.

All of that added stress can also affect your immune system. Hugs and handshakes represent golden opportunities for viruses, parasites and bacteria to join in the spirit of holiday sharing. You wonder how you will ever make it through the season without catching something.

And then you may ask yourself: Can probiotics really boost my immune system? The answer is yes.

According to dietitian and nutritionist Annie Jolicoeur, many clinical studies have demonstrated the benefits of probiotics in terms of preventing and treating the common cold, the flu, and gastroenteritis.

“Taking probiotics reduces the severity and duration of symptoms like fever, coughing, runny nose, and even diarrhea,” she says. “Therefore, it is recommended that all members of the family take probiotics every day.”

Maintaining a healthy intestinal

flora helps to protect against the penetration of bacteria, parasites, and viruses, Jolicoeur says.

“Did you know that the intestinal mucous membrane acts as the cornerstone of your overall health? Two-thirds of the immune-defence cells in your body are found there. Therefore, your immune system is enhanced when you take probiotics.”

She recommends you start taking probiotics at least two weeks before the holiday season begins so your body will be well-prepared to ward off the oncoming germ attacks.

— News Canada

NATURAL WAYS TO STAY HEALTHY THIS WINTER

Families are well aware of the importance of not overusing antibiotics.

The following are some natural ways that families can use to stay healthy.

Get eight to 10 hours of sleep per night. Try Liquid Ionic Magnesium at bedtime to help ensure a restful sleep. Wash hands frequently with antibacterial soap, and disinfect high-traffic areas at home and work.

Drink plenty of high antioxidant/enhanced vitamin C

beverages such as Cardioflex Q10, available at all health stores.

Take Colflex Oral Spray for daily prevention and relief. Colflex has fast become the “go-to” product for families across Canada as their natural alternative.

Take oral spray vitamin D. Vitamin D3 is important to help boost the immune system during the low sunlight hours of winter. NutriMize Vitamin D Oral Spray is convenient for getting your “sunshine vita-

min” while on the go.

Eat a high-protein breakfast. Breakfast is the most important meal of the day to help maintain your immune system and keep you from getting

run down. The most important nutrient at breakfast time is protein, but how do you meet adequate amounts of protein (approximately 20 to 30 grams per person) on those busy mornings during your work or school week? If you are short of time to prepare eggs, etc., then make a quick and easy high-protein smoothie with Bodyflex AM or NaturePro vitamin/mineral fortified smoothie mixes.

For more information, please see innotechnutrition.com.



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Popping the pre-nup question

Protecting your assets.
Talking about finances may not be romantic, but experts say it's best to raise the subject early

VICKI
SALEMI

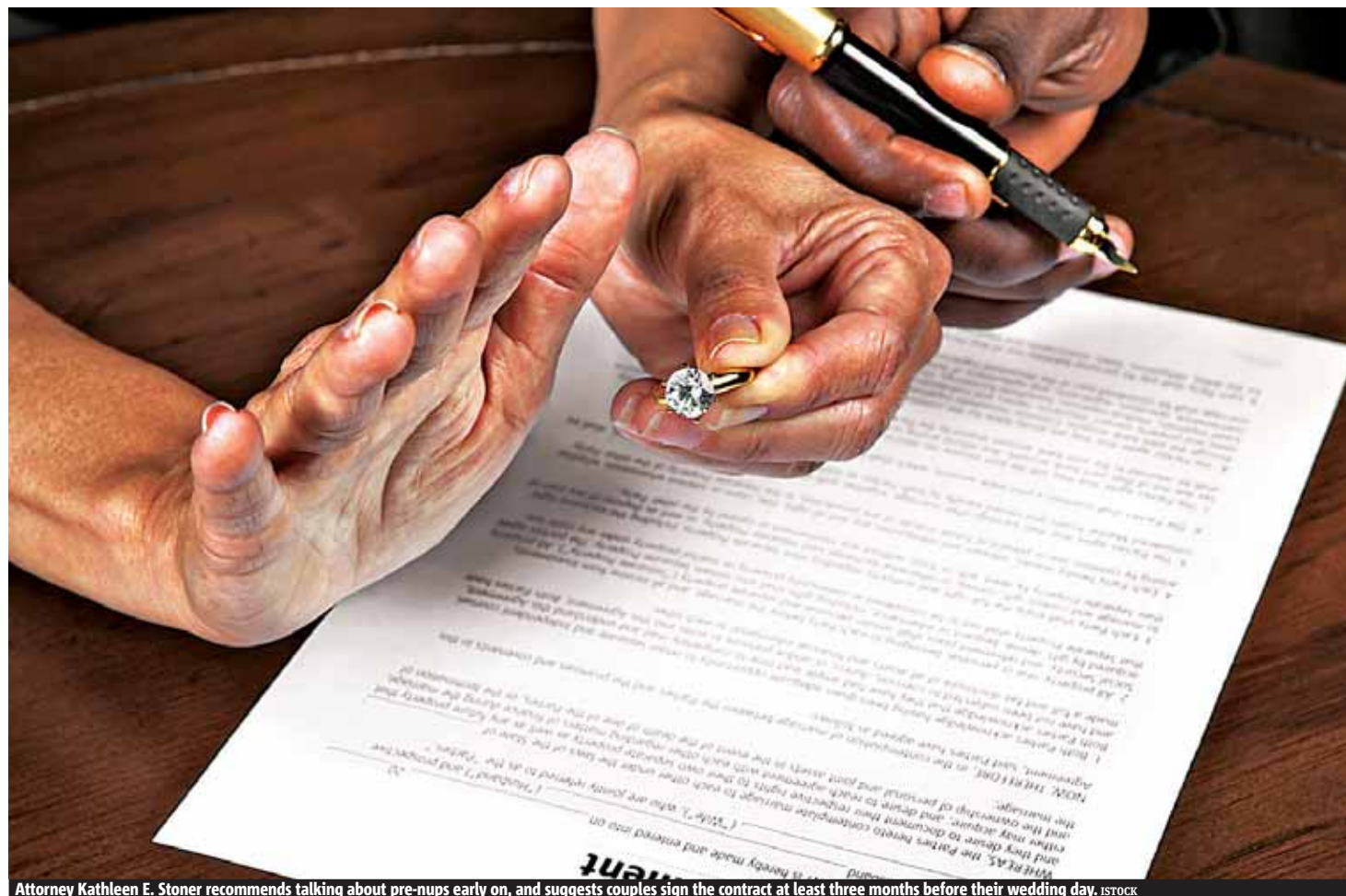
Metro World News in New York City

When news broke this month about Kris and Bruce Jenner's separation, Steven Eisman, partner and director of the matrimonial law department at New York City's Abrams Fensterman, was surprised to hear they didn't sign a pre-nuptial agreement before their 1991 wedding vows.

"They both had a substantial net worth at the time of their marriage — they were both somewhat celebrities," he says. Years later, after clothing lines, endorsement deals and a reality show, their net worth will be an issue as they head to divorce court.

It's also surprising because the Jenners entered their union with children from former marriages. Eisman says pre-nups aren't unusual for second marriages, because people want to be able to take care of their children.

Kardashian empire aside, Eisman sees more and more couples walking down the aisle at a later age, which means they're more likely to have assets to protect. "They say, 'I love you for-



Attorney Kathleen E. Stoner recommends talking about pre-nups early on, and suggests couples sign the contract at least three months before their wedding day. ISTOCK

ever and ever but in case it doesn't work, I don't want to share everything I acquired before we tied the knot." Sure, it's his job, but Eisman says it is indeed bet-

ter to be prepared and realistic.

As for bringing up the sensitive topic with your spouse-to-be, Kathleen E. Stoner, attorney and co-author of Prenuptial Agreements: How to Write a Fair & Lasting Contract, recommends talking early on and suggests that couples sign the contract at least three months before the big day.

Although it's oh-so-unromantic to talk about finances and properties, she says any relationship will involve money, so the "best thing for people to do is to learn how to have those

conversations in a loving way."

She also says that those conversations have to keep going throughout the relationship — it's wise to review the pre-nup every few years to see if it still makes sense. "Some pre-nups even include a commitment to doing that," she says.

Stoner says pre-nups are not for everyone, but she believes everyone should consider them and do their research. "Make a well-informed decision about (pre-nups) based upon the individual circumstances and the (jurisdictional laws)."

What could this cost me?

- Kathleen E. Stoner, attorney and co-author of Prenuptial Agreements: How to Write a Fair & Lasting Contract, says the cost of a pre-nup depends on how complicated it is and who drafts it.
- "High-end premarital agreements involving substantial assets could cost thousands of dollars," she says. "In contrast, simpler premarital agreements ... might run between \$500 and \$1,000."



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Nothing like the smell of a good statistic in the morning

Small businesses. Take advantage of our love affair with figures to grab media attention



YOUR MONEY
Alison Griffiths
money@metronews.ca

There are lies, damned lies and statistics, as the saying goes. Still, government, industry and the media alike all adore a good stat. Among the press-release dross that piles up in my inbox, nothing grabs my attention like a startling number that highlights some aspect of human behaviour from shopping to investing.

And clever use of stats is one way small businesses can attract media attention even without a marketing department.

"You can get much of what

you need to build a numbers narrative by working the rich data in the websites of governments, associations, boards of trade and other knowledge repositories like universities and colleges," points out Margo Rapport, vice-president of communications for H2 Central, an integrated marketing and communications firm headquartered in Toronto.

"Dig deep for colourful facts and stats — and don't stop at surfing. Pick up the phone and ask questions. Your local reference library can also be a huge ally," Rapport notes that small

Online resource

- H2 Central's Agora blog, h2central.ca/AgoraBlog, offers some fascinating takes on marketing and public relations for all kinds of businesses. It's definitely worth a look.

business owners new to numbers-based promotion should remember that the story is the goal. "For some media, a news release works just fine. For others, like business and financial journalists, infographics make numbers come alive."

Infographics, an increasingly popular visual representation of statistics, can be expensive to construct, but many industry associations regularly publish them and most are happy to allow a business to use the research as long as credit is provided.

To find out what kinds of statistics end up in an article, Rapport recommends small-business owners research wire services such as Canada News-

wire or Marketwired. "Many of them feature numbers-oriented narratives. They can also identify good research sources."

Another option for a more mature small business is hiring a professional to find the kind of numbers that will end up in a journalist's story. "Use \$2,000 to \$4,000 as a benchmark for working with an experienced professional, based on the estimated hourly rate and number of projected hours," advises Rapport. "Get interim research results and agree to put a cap upfront on searches that may be unproductive."

Even the smallest enterprise can take advantage of our love affair with statistics. And it doesn't have to cost a fortune.

Do your research

"Dig deep for colourful facts and stats — and don't stop at surfing. Pick up the phone and ask questions. Your local reference library can also be a huge ally."

Margo Rapport, vice-president of communications for H2 Central



Illustrating statistics using charts or infographics can be a good way to get attention from business journalists. ISTOCK



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*Based on \$12,200 fixed rate loan at 8% per annum with a 26 month amortization. Savings example is calculated by consolidating credit card balances of \$3200 @ 19% per annum with monthly payment of \$150/month, and \$1000 @ 25% per annum with monthly payment of \$100 and loan of \$8000 with 3 year term @ 9% per annum with monthly payment of \$265/month. The interest rate is subject to change at any time without notice. The rate is used for illustrative purposes. Personal Lending products and residential mortgages are offered by Royal Bank of Canada and are subject to its standard lending criteria. ®/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.

NEW TECHNOLOGY DRIVES SUCCESS

SURE TRACK COURIER RELIES ON CUSTOM WIRELESS SOLUTION

A Toronto-based courier company relies on a customized mobile communications solution to increase profitability, reduce pollution and distracted driving.

Sure Track Courier provides Canadians delivery, freight and warehouse services.

Until a few years ago, Sure Track relied on two-way radios, cellphones and pagers to connect drivers and dispatchers. The company tried a partial interim solution that included modems and fleet-tracking software, but the system did not achieve the desired results. The fleet-tracking software offered limited reporting, for instance, and wasn't compatible with advanced dispatching tools. As a result, vehicles consumed excessive amounts of fuel, discharged unnecessary exhaust fumes, and the company faced mounting bills for needless use of toll roads.

"The old system was far from ideal," says Victor Pereira, sales and operations manager at Sure Track Courier. "For our drivers, talking with dispatchers can be



ISTOCK/THINKSTOCK

distracting and time-consuming. By using digital, wireless technologies, we communicate only the information needed, precisely when it's needed."

To create a solution, Sure Track worked with Bell Mobility and Trak-

iT Wireless, an independent software company. The result includes software that incorporates GPS technology and simultaneously manages dispatch, billing and warehousing information. Best of all, it meets the specific needs of Sure Track.

THE BELL ADVANTAGE

Bell business experts provided a unique set of wireless solutions that addressed Sure Track's business challenges. In addition to wireless expertise, the courier company benefited from the following Bell advantages:

- Canada's largest LTE network;
- Canada's trusted push-to-talk service;
- Global coverage in more than 200 countries;
- Dedicated small business specialist – 24/7 live technical support.

"About a month ago, an airline contacted us because it had a plane on a runway in Kentucky that needed a part from a manufacturer in Toronto," Pereira says. "The new mobile solution enabled us to dispatch the closest vehicle and track the delivery right to the tarmac. That made Sure Track look good to our client — the airline company — because they knew exactly how long their plane would be out of service and could plan accordingly."

BETTER COMMUNICATION IMPROVES THE BOTTOM LINE

According to Sure Track Courier's Victor Pereira, new software that incorporates GPS technology and simultaneously manages dispatch, billing and warehousing information generates savings in a number of areas.

"Guys sat in loading docks for hours, burning fuel," Pereira says. "Now we are able to see right on our screens whether the driver is idling or not. Our fuel costs are down by six to 10 per cent per month. Less idling means less wear and tear on our vehicles, saving on maintenance and extending their service life. It also means less pollution and fewer greenhouse gas emissions."

The company has also seen a significant decrease in its road-toll charges. Whenever a company vehicle enters a toll road, the fleet-tracking software sends an email alert, enabling dispatch-

ers to redirect drivers as needed.

"Within the first month or two, the system cut our toll charges by thousands of dollars," Pereira says.

For drivers and dispatchers, the new system means fewer headaches and better communications.

"In our business, time is money," Pereira says. "And it's easy to waste time through communications. Now we can send only relevant information and make sure it arrives just as it's needed. Drivers can concentrate more on driving and get instant help in avoiding traffic jams and finding the best routes."

A user-friendly interface is a key reason for the solution's success.

"By working directly with Bell and Bell's partner Trak-iT, we were able to create something that drivers and dispatchers find easy to use," Pereira says.



ISTOCK/THINKSTOCK

"The system prompts a user to enter information in a logical order, for instance, and with a minimum of touches. And it generates meaningful accurate reports that enable us to plan and manage our

business effectively. We know everything from where our vehicles are to the temperature inside of our trailers, which can be extremely important, depending on what's inside."



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The Support

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Aaron Hernandez trial

Judge rejects recusal request

The judge in the Aaron Hernandez murder case has declined to recuse herself, saying she has no bias against prosecutors.

Prosecutors asked Judge Susan Garsh to step aside, alleging she and prosecutor William McCauley have a "history of antagonism" stemming from a 2010 murder trial.

THE ASSOCIATED PRESS

Banged-up Bears

Chicago down Cutler and Briggs

Chicago Bears quarterback Jay Cutler will miss at least the next four weeks of the season and Pro Bowl linebacker Lance Briggs will be out for around six weeks.

Cutler (groin) and Briggs (shoulder) were both hurt in Sunday's loss to Washington.

THE ASSOCIATED PRESS

NHL

Former 1st-overall draft pick retires

Veteran defenceman Roman Hamrlik announced his retirement Monday, ending a 20-year NHL career that included three all-star appearances.

Hamrlik was drafted first overall by the Tampa Bay Lightning in the 1992 NHL draft. He played 1,395 regular-season games and 113 post-season games with Tampa Bay, Edmonton, the New York Islanders, Calgary, Montreal, Washington and the New York Rangers over his career.

THE CANADIAN PRESS



The Stampeders have yet to face defensive end Alex Hall, left, in a Roughriders jersey. LIAM RICHARDS/THE CANADIAN PRESS

Stampeders wary of Riders D-line

CFL. Calgary looks to duplicate Aug. 9 win in which Cornish ran for 175 yards, 4 TDs

The Calgary Stampeders offensive line made room for Jon Cornish to run for 175 yards and four touchdowns the last time the Saskatchewan Roughriders visited McMahon Stadium.

Then Calgary's offensive linemen held CFL sack leader Alex Hall to zero sacks when the Winnipeg Blue Bombers came to town earlier this

month.

Can they continue their success Saturday, now that Hall is a Roughrider following his trade from Winnipeg?

A 42-27 loss to Calgary on Aug. 9 was an anomaly for a Saskatchewan defensive line that was talented enough before Hall's arrival Oct. 6.

Saskatchewan is tied for second in the CFL in sacks with Montreal and ranks second in stopping the rush. The Roughriders' defence contributed to 28 points scored off turnovers in a 35-14 win over the B.C. Lions last Saturday.

"Their front four, front five now that Alex Hall has joined

Sack leaders

15

Calgary's Charleston Hughes has pulled even with Alex Hall for the league lead in sacks (15).

the club, they're great run defenders and pass rushers," Calgary head coach John Hufnagel said Monday following the Stampeders' team photo.

"It's going to be a big challenge for our offence to be able to run the ball efficiently and effectively and protect our passers."

Calgary (13-3) and Saskatchewan (11-5) have already secured home playoff dates, so it's now a matter of who hosts the division semifinal Nov. 10 or the final Nov. 17.

Calgary can secure first in the West Division with a win or a tie Saturday. Saskatchewan can extend the race for first place to the last week of the regular season with a victory.

Calgary and Saskatchewan are 1-1 against each other this season, so Saturday's victor would get the higher playoff seed in the event they're tied in points at the conclusion of the regular season.

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Cole Harbour kids clash in Pittsburgh

NHL. Giguere steals show as Avalanche take Round 1 of many MacKinnon vs. Crosby matchups to come

Sidney Crosby left little doubt about who remains the best player from Cole Harbour, N.S.

That's fine by Nathan MacKinnon and the Colorado Avalanche. At the moment, they'll settle for one of the best records in the NHL.

Jean-Sebastien Giguere turned aside 34 shots and the surprising Avalanche edged the Pittsburgh Penguins 1-0 on Monday night to improve to 8-1 on the young season.

"It's a new season, new attitude," Giguere said. "I would have believed being over .500 (early) but not 8-1."

Believe it.

Gabriel Landeskog scored the game's only goal 5:26 into



Nathan MacKinnon and Sidney Crosby met on the ice for the first time Monday. THE ASSOCIATED PRESS

the second period and Giguere made it stand to post his second shutout in 11 days.

The 36-year-old handled the Boston Bruins on the road on Oct. 10 and might have been even better against the Penguins.

It helps to have a coach who

knows a thing or two about keeping the puck out of the net.

Hall of Famer Patrick Roy is thriving in his first season on the bench and his young team — along with its not-so-young backup goaltender — is thriving. The Avalanche have allowed just 12 goals in nine games.

"Yes, our goaltenders have been outstanding (and) everybody is talking about our team," Roy said. "Everyone is part of our success right now. It's a 23-man story."

The first professional meeting between MacKinnon and Crosby failed to produce fireworks, not that Crosby didn't try. He pumped a season-high seven shots at Giguere and played more than 26 minutes.

MacKinnon, by comparison, produced two shots in 10:54 of ice time as the Avalanche spent a large portion of the night relying on their penalty killers. Pittsburgh went 0-for-7 on the power play. THE ASSOCIATED PRESS



Flames win in dying seconds

Kings defenceman Jake Muzzin, left, and Flames forward Jiri Hudler collide on Monday night in Los Angeles. T.J. Brodie scored the tie-breaking power-play goal with 29.7 seconds to play, and the Flames rallied for a 3-2 victory over the Kings. CHRIS CARLSON/THE ASSOCIATED PRESS

MLB

Leyland skips out of Tigers dugout

A picture of Jim Leyland's face stared out from the video board at an empty Comerica Park, next to that familiar olde English "D" and a message that said simply: "Thank You Jim."

After eight seasons managing the Tigers, including three division titles and two American League pennants, Leyland stepped down Monday. His voice cracking at times, wiping away tears at others, he announced his departure two days after Detroit was eliminated by Boston in the AL championship series.

Leyland told general manager Dave Dombrowski in early September that he didn't want to return as manager. He expects to remain with the organization in some capacity after going 700-597 as a manager.

He is 1,769-1,728 overall during stints with the Tigers, Pirates, Marlins and Rockies.

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NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Detroit	10	6	3	1	24	24	13
Toronto	9	6	3	0	30	22	12
Boston	7	5	2	0	20	10	10
Montreal	8	5	3	0	26	15	10
Tampa Bay	8	5	3	0	26	21	10
Ottawa	8	3	3	2	21	24	8
Florida	9	3	6	0	20	32	6
Buffalo	10	1	8	1	13	28	3

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	9	7	2	0	31	20	14
Carolina	9	4	2	3	22	26	11
NY Islanders	8	3	3	2	25	23	8
Columbus	8	3	5	0	19	22	6
Washington	8	3	5	0	21	25	6
New Jersey	8	1	4	3	17	26	5
NY Rangers	7	2	5	0	11	29	4
Philadelphia	8	1	7	0	11	24	2

Monday's results

San Jose 1 Detroit 0 (SO)

Colorado 1 Pittsburgh 0

Calgary at Los Angeles

Sunday's results

Columbus 3 Vancouver 1

Anaheim 6 Dallas 3

Nashville 3 Winnipeg 1

Tuesday's games

All Times Eastern

Anaheim at Toronto, 7 p.m.

Vancouver at NY Islanders, 7 p.m.

New Jersey at Columbus, 7 p.m.

Chicago at Florida, 7:30 p.m.

Edmonton at Montreal, 7:30 p.m.

Washington at Winnipeg, 8 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Colorado	9	8	1	0	28	12	16
Chicago	8	5	1	2	23	19	12
St. Louis	7	5	1	1	27	19	11
Nashville	9	5	3	1	19	22	11
Minnesota	9	3	3	3	19	22	9
Winnipeg	9	4	5	0	22	25	8
Dallas	8	3	5	0	20	28	6

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	9	8	0	1	40	16	17
Anaheim	8	7	1	0	30	19	14
Phoenix	9	5	2	2	27	26	12
Los Angeles	9	6	3	0	24	22	12
Vancouver	10	5	4	1	27	29	11
Calgary	7	3	2	2	23	26	8
Edmonton	9	2	6	1	26	36	5

Note: Two points for a win, one point for overtime loss.

Nashville at Minnesota, 8 p.m.

Calgary at Phoenix, 10 p.m.

Wednesday's games

Ottawa at Detroit, 7:30 p.m.

Boston at Buffalo, 8 p.m.

Thursday's games

San Jose at Boston, 7 p.m.

Vancouver at New Jersey, 7 p.m.

NY Rangers at Philadelphia, 7 p.m.

Anaheim at Montreal, 7:30 p.m.

Chicago at Tampa Bay, 7:30 p.m.

Carolina at Minnesota, 8 p.m.

Winnipeg at Nashville, 8 p.m.

Calgary at Dallas, 8:30 p.m.

Washington at Edmonton, 9:30 p.m.

Phoenix at Los Angeles, 10:30 p.m.

CFL

WEEK 17

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
x-Toronto	16	10	6	0	451	414	20
x-Hamilton	16	8	8	0	389	437	16
x-Montreal	16	7	9	0	412	424	14
Winnipeg	16	3	13	0	333	512	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
x-Calgary	16	13	3	0	513	362	26
x-Saskatchewan	16	11	5	0	468	339	22
x-B.C.	16	9	7	0	435	425	18
Edmonton	16	3	13	0	362	450	6

Thursday's game — All Times Eastern

Winnipeg at Toronto, 7:30 p.m.

Friday's game

Edmonton at B.C., 10 p.m.

Saturday's games

Montreal at Hamilton, 1 p.m.

Saskatchewan at Calgary, 7 p.m.

NFL

WEEK 7

Monday's results

N.Y. Giants 23 Minnesota 7

Sunday's results

Cincinnati 27 Detroit 24

San Diego 24 Jacksonville 6

Carolina 30 St. Louis 15

Washington 45 Chicago 41

N.Y. Jets 30 New England 27

Buffalo 23 Miami 21

Dallas 17 Philadelphia 3

Atlanta 31 Tampa Bay 23

San Francisco 31 Tennessee 17

Green Bay 31 Cleveland 13

Kansas City 17 Houston 16

Pittsburgh 19 Baltimore 16

Indianapolis 39 Denver 33

MLS

Sunday's results

New York 3 Houston 0

Los Angeles 0 San Jose 0

Wednesday's game

Chivas USA at Real Salt Lake, 9 p.m.

Saturday's games

Kansas City at Philadelphia, 3 p.m.

Montreal at Toronto FC, 4 p.m.

FC Dallas at San Jose, 5:30 p.m.

Portland at Chivas USA, 10:30 p.m.

Sunday, October 27

Houston at D.C., 1:30 p.m.

New England at Columbus, 4 p.m.

Chicago at New York, 5 p.m.

Colorado at Vancouver, 8 p.m.

Los Angeles at Seattle, 9 p.m.

MLB PLAYOFFS

WORLD SERIES

(Best-of-7)

ST. LOUIS VS. BOSTON

Wednesday's game

St. Louis at Boston 8:07 p.m.

Thursday's game

St. Louis at Boston 8:07 p.m.

Saturday's game

Boston at St. Louis 8:07 p.m.

Sunday, October 27

Boston at St. Louis 8:15 p.m.

Monday, October 28

Boston at St. Louis 8:07 p.m.

Wednesday, October 30

St. Louis at Boston 8:07 p.m.

Thursday, October 31

St. Louis at Boston 8:07 p.m.

Horoscopes

Aries

March 21 - April 20

You are under no obligation to continue with a relationship or partnership that has turned into a liability. The Sun's imminent change of signs means a parting of the ways may be the only solution.

Taurus

April 21 - May 21

You won't change your opinions to please another person for any reason and the sooner they get it through their head, the better. Maybe you should keep some distance between the two of you today.

Gemini

May 22 - June 21

You will come up against an obstacle today and you could easily lose heart. But don't throw in the towel because there is always an answer if you look for it. No luck? Try looking in the opposite direction.

Cancer

June 22 - July 23

The planets suggest someone in authority is making life tough for you. So what do you do about it? Nothing. The Sun's change of signs tomorrow will bring a change of focus that resolves both personal and professional issues.

Leo

July 24 - Aug. 23

If you have any errands to run then you should get them out of the way because within a matter of days, maybe hours, you won't be able to move as freely as you can now.

Virgo

Aug. 24 - Sept. 23

Don't keep interesting news to yourself today just because you can't see how spreading it around will help other people.

Libra

Sept. 24 - Oct. 23

If you are convinced that a certain course of action is right then go ahead with it. But if there are doubts then hold back. There may not be money at stake today but there will be tomorrow.

Scorpio

Oct. 24 - Nov. 22

Something you have been dreaming of is about to come true but there will be strings attached. A dream it may be but that does not mean you can ignore reality. Keep your feet on the ground.

Sagittarius

Nov. 23 - Dec. 21

It's an important time for money matters, so don't rush into anything that you're not 100 per cent certain you can control. The last thing you need is to get yourself into debt.

Capricorn

Dec. 22 - Jan. 20

You may be convinced that you can do as you please and no one can stop you but is that really the case? The Sun's impending change of signs warns that even friends may desert you if you go too far.

Aquarius

Jan. 21 - Feb. 19

The Sun is about to cross the career angle of your chart, giving your ambitions a much-needed boost. Don't take the support of powerful people for granted though.

Pisces

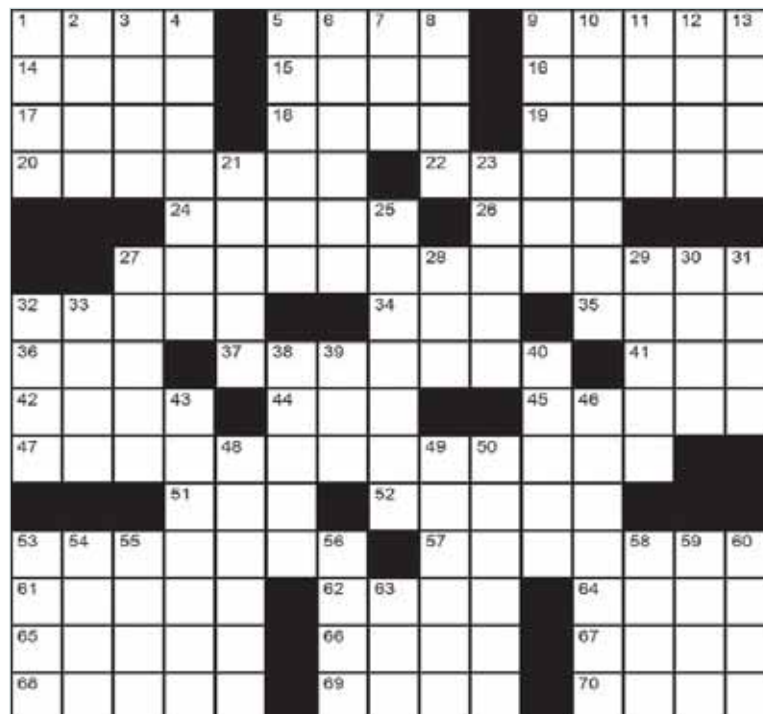
Feb. 20 - March 20

Not everyone thinks you act from the best of motives. What can you do to improve your image? One thing, surely, is to be a bit more sociable. Go on, you can do it. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Informal food
5. Catch ____ ('Get')
9. "This isn't ____" (Get real)
14. Great Big Sea's "____-Mac"
15. Gather
16. Frankie Goes to Hollywood hit
17. ____-drop
18. Owed-money
19. Baseball cap wearing filmmaker Michael
20. Activated again, as a membership
22. Goal-getting athletes
24. "____ for Murder" (1954)
26. Embrace
27. Animated Moun-tie of '60s TV: 2 wds.
32. Oprah's produc-tion company
34. Fashion designer, Anna ____
35. Mischa of "My Man Godfrey" (1936)
36. Bear, in Barcelona
37. Stays put during the Fall-following season
41. Get a nose like Pinocchio
42. Graduation cap birds
44. Knowledgeable letters
45. ____-eyed
47. Sudbury-born activist who ignited



- the movement for women's rights in Canada in the 1900s: 2 wds.
51. Mariner's dir.
52. Gulf of ____ Law-rence
53. Quebec, ____ Province
57. "The Queen ____

Show"

61. Fragrance
62. Nero's 1041
64. Canuck political party member
65. London. New York. Paris. ____
66. 'Victor' suffix
67. Home office ac-cessory

68. Insipid

69. Tina Turner's "Bet-ter Be Good ____"
70. Other

Down

1. Mini military man
2. Arctic ____ (Northern-hopping critter)
3. "So, are you out ____ then?"
4. Used a Bounty paper towel: 2 wds.
5. Trying event
6. "Drop the ____" by Maestro Fresh Wes
7. Keyboard key
8. Selects
9. Knight's outfit, Suit of ____

10. Country duo, Florida ____ Line
11. Jar of cream stuff
12. A.A. Milne book, Chloe ____
13. Past partners
21. Sports ____ (Arm-chair quarterback's spouse)
23. Religious songs group
25. Some seers
27. Whimsically funny
28. Expected
29. Russian forced labour camp
30. ____ to the throne
31. Deuce-ace
32. Blind Melon singer Shannon
33. "Even ____ speak..."
38. "____ Fine" by The Beatles
39. 'Pseudo' suffix
40. ____ driving
43. Canadian brewer since 1834
46. Grant the right to
48. From the shore
49. Canadian actor, ____ Keith Rennie
50. Mediate
53. One of Mary's flock
54. Seed coat
55. Gaucho's weapon
56. Send forth
58. Young horse
59. Sleeves
60. Build-up talk
63. Losing tic-tac-toe line

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY



MAX: 16°
MIN: 4°

WEDNESDAY



MAX: 6°
MIN: 3°

THURSDAY



MAX: 13°
MIN: 3°

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